

Marinated Veg Salad3/4c15

Number of Servings: 15 (158.79 g per serving)

Amount	Measure	Ingredient
3 1/2	lb	Vegetables, California blend, 80% ckd, iqf, FS
11.00	oz	BalsamicVinegarDressing50
1 1/4	cup	Celery, fresh, diced
13.00	Tbs	Onion, white, fresh, chpd
9 1/2	Tbs	Peppers, bell, green, sweet, fresh, chpd
9 1/2	Tbs	Pimentos, cnd

Nutrients per serving

Nutrition Facts			
Serving Size (159g)			
Servings Per Container			
Amount Per Serving			
Calories 130		Calories from Fat 80	
		% Daily Value*	
Total Fat	9g		14%
Saturated Fat	0.5g		3%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	50mg		2%
Total Carbohydrate	10g		3%
Dietary Fiber	3g		12%
Sugars	5g		
Protein 3g			
Vitamin A 45%		Vitamin C 60%	
Calcium 4%		Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Instructions

Cook vegetables until just tender, drain and cool while chopping and dicing celery, onion and green pepper. Dice pimento. Lightly mix cooked and raw vegetables with Italian Dressing. Refrigerate several hours or overnight to blend flavors and CHILL to below 41 degrees F. Serve cold, 40 degrees F or below.

1 serving = 3/4 cup and 1 1/2 servings of vegetables.

Use slightly #6 scoop or 6 oz spoodle to serve 3/4 c Marinated Vegetable Salad.

7 g CHO = Free Food (1/2 Carb serv)

Notes

French Dressing, Reduced Fat & Sodium recipe: may be used instead of Balsamic Vinegar Dressing if desired. Using French Dressing, Reduced Fat & Sodium will increase sodium 40 mg sodium per meal which is minimal.